

# NEW MOMS

## APRIL PARENTING WORKSHOPS

Free for all families with children birth to 6 years old

FREE ONSITE CHILDCARE IS AVAILABLE - RSVP TODAY!

**Presented in partnership with**

*The Collaboration for Early Childhood  
Oak Leyden Developmental Services  
The Oak Park Public Library*

### **Fun Family Activities for Kids with Special Needs**

**Tuesday, April 9  
10:00-11:30 am**

**@ Oak Leyden in Oak Park**

### **Screen Time Struggles**

**Thursday, April 25  
6:30-8:00 pm  
@ New Moms in  
Oak Park**

### **Parent Creativity + Connection Mornings**

**Wednesday, April 3 +  
Tuesday, April 30**

**9:30-11:30 am  
@ New Moms in  
Oak Park**

### **Morning Parent Meet Up**

*Where Kids Have Fun +  
Parents Get Things Done*

**Every Monday & Thursday  
8:30 - 11:30 am  
@ New Moms in  
Oak Park**

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## Parent Creativity + Connection Mornings - April 3 + 30

If you love the arts, but find it hard to make the time, come and explore your creative side at New Moms. You can bring along a project you've been intending to finish, learn some new techniques, or just sit back and color in our free-flowing creative space while networking with other parents of young children. We can also provide a project to excite your creative side if you don't have one of your own to bring. For the first portion of the workshop, a speaker will provide information on a useful parenting topic and remain available for discussion. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Jessica Brekher B.F.A, M.Ed., Art Ed. and Kimm Pilditch, LCSW

## Fun Family Activities for Kids with Special Needs

The Oak Park Public Library has expanded their supported classes for kids with special needs! Come learn about program opportunities like gardening and how caregivers can use these ideas for fun and family bonding at home while also exposing their kids to hobbies that might spark interest and joy. The library also has supports available before and during visits. By the end of the workshop, you will be able to share library programs and supports and have ideas on how to carry through activities, like gardening and cooking, at home. This FREE workshop is best suited for caregivers of children 3+. A limited number of FREE onsite childcare spaces are available ONLY with pre-registration. To register contact [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) or 773-252-3253x221.

Presented by: Shelley Harris, Oak Park Public Library

## Screen Time Struggles

Is screen time a battle in your home? How much is "too much"? How do you balance learning and media exposure? If you are struggling with any of these questions this workshop is the place for you! We will provide tips for managing screen time in your home, introduce digital apps and programs that are developmentally appropriate for children, and highlight ways you can embrace technology without sacrificing quality time with your kids. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Mary Connelly, MS

## Morning Parent Meet Up

Join us every Monday and Thursday morning so your children (8 weeks - 6 years old) can learn and play in our developmentally appropriate classrooms while you have some free time in our sunny Community Room! Enjoy our Wi-Fi to work, complete online errands, listen to music, or relax and read a book. You can also chat and network with other parents and caregivers of young children and take advantage of our parent programming. Each session is \$25 per visit for one child or \$30 for two or more children. Scholarship funds are available to those who qualify. Contact [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) for your FREE first visit and tour!

For more information or to sign up for a program, go to [NewMoms.org](http://NewMoms.org) or contact [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org)\* 773.252.3253x221.